



Frozen Cranberry Margaritas



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



15

CALORIES



82 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 11.5 ounces cranberry juice cocktail concentrate frozen thawed canned
- ☐ 24 ounces lemon-lime soda pop canned
- ☐ 5 cups water
- ☐ 1 cup tequila
- ☐ 0.3 cup juice of lime

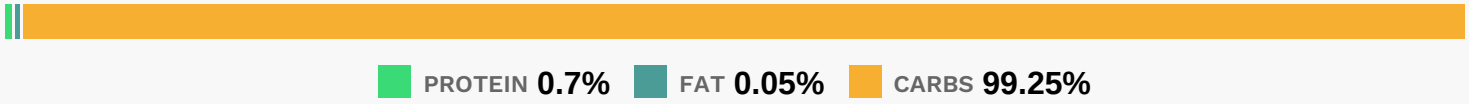
Equipment

- ☐ whisk

Directions

- ☐ In 3-quart plastic container, beat all ingredients with wire whisk or spoon until well blended.
- ☐ Cover and freeze at least 24 hours until slushy.
- ☐ Serve in margarita or cocktail glasses.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0313043425912%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 82.11kcal (4.11%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 11.52g (4.19%), Sugar: 9.31g (10.34%), Cholesterol: 0mg (0%), Sodium: 6.87mg (0.3%), Alcohol: 5.34g (100%), Alcohol %: 4.08% (100%), Protein: 0.08g (0.16%), Vitamin C: 11.16mg (13.53%), Manganese: 0.03mg (1.7%), Copper: 0.02mg (1.12%), Vitamin B5: 0.11mg (1.11%), Vitamin B2: 0.02mg (1.1%)